

Adults 60+ *Recreation and Services Guide*

Winter 2017-18



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Recreation and Parks Mission Statement

To promote participation by all Rockville citizens in diverse, interesting and high-quality recreational and leisure opportunities in safe, modern and well-maintained parks and facilities.

Stay Informed

www.rockvillemd.gov/seniorcenter
 Email: seniorcenter@rockvillemd.gov
 240-314-8800

 [Facebook.com/rockvilleseniors/](https://www.facebook.com/rockvilleseniors/)

 [Twitter.com/rockvillerec](https://twitter.com/rockvillerec)

 [Instagram.com/rockvillerec](https://www.instagram.com/rockvillerec)

Prices Key:

Prices are listed as

Senior Center Member (M)

City Resident (R)

Nonresident (NR)

Welcome

Rockville Senior Center Hours

Monday-Friday, 8:30 a.m.-5 p.m.

Saturday, 8:30 a.m.-1 p.m.

Fitness Center Hours

Monday-Thursday, 7 a.m.-8 p.m.

Friday, 7 a.m.-7 p.m., Saturday, 7 a.m.-4 p.m.

Main Line/Registration: 240-314-8800

Directions: 240-314-5019

Bus Transportation/Lunch Reservations

240-314-8810

Center Membership Fees

\$40/year: Rockville Residents

\$135/year: Nonresidents; \$65 spouse

Fitness Center Membership Fees

\$90/year (must be a Senior Center member)

Online Registration Tip

The online registration system defaults this message on the top of each program, "online registration begins Nov. 30 at 8:30 a.m." Current members will have the word "eligible" under the members name and receive priority registration on Nov. 28.



Bridget Donnell Newton, Mayor
Councilmembers

Beryl L. Feinberg, Virginia D. Onley,
Julie Palakovich Carr, Mark Pierzchala

Robert DiSpirito, City Manager
Tim Chesnutt, Director of Recreation and Parks
Chris Henry, Deputy Director of Recreation and Parks
Andy Lett, Superintendent of Recreation
Steve Mader, Superintendent of Parks and Facilities

Registration Dates

(M) – Senior Center Member registration begins **Tuesday, Nov. 28**

(R) – Resident registration begins **Thursday, Nov. 30** for Rockville residents who are not members of the Rockville Senior Center. (Must be age 60 and older and live within the Rockville City limits.) Residents receive a discount on program fees.

(NR) – Nonresident/Nonmember registration begins **Thursday, Nov. 30** for adults age 60 and older who live outside the Rockville city limits and who are not members of the Senior Center. Nonresidents/nonmembers pay full price for programs offered at the Senior Center.

Any questions?

EMAIL US AT

seniorcenter@rockvillemd.gov

Individuals with Disabilities

We encourage individuals with disabilities to register and participate in Rockville recreation programs. To adequately plan for a successful and rewarding experience, contact our office at 240-314-8800. We ask that you inform us prior to the activity start date. Ample time is needed to secure auxiliary services and aides. For additional therapeutic program opportunities, contact Montgomery County Department of Recreation at 240-777-6870; TTY 240-777-6974. Upon request, this publication will be made available in alternate formats by contacting the ADA coordinator at 240-314-8108; TTY 240-314-8137.



Highlights and Upcoming Events

The World Health Organization encourages older adults to stay as active as possible to extend healthy life expectancy. At the Rockville Senior Center, you can enhance your understanding of your personality through our new Myers-Briggs offering, learn about world religions, enroll in our Something Stirring demonstration class to learn how to make comforting winter soups, or explore your talents with an arts or music class.

Benefits of the Senior Center Membership include:

Discounts on Senior Programs • Discounts on Rentals • DVD Rentals
Eligibility to join the Fitness Center • Early Class Registration • Drop-in Programs
Discounts in all Rockville Adult Classes • Eligible for Senior Garden Plots

HOLIDAY BAZAAR

Sponsored by Rockville Seniors, Inc.

Saturday, Dec. 2
9 a.m.-2 p.m.

Handmade Crafts • Book Sale • Raffle • Bake Sale
240-314-8800
Directions: 240-314-5019

Building Closed:

**Rockville Senior Center Building
& Fitness Room will be closed**
Dec. 25, Jan. 1, 15 and Feb. 19

Need Help with Your Taxes?

Senior Income Tax Assistance
Mondays, Feb. 5-April 12
Appointment needed: no fee
240-777-2577

Arts & Enrichment



Holly Jolly Party

The Carnation Players, our center's performing group are at it again with the next installment of high jinks and hilarity with a holiday theme. The afternoon promises to be full of laughter, good cheer and celebration. Light refreshments will be served.

1957 Tu 12/12 1-2:15 PM Free/\$5/\$6
Carnation Room

Appraisal Roadshow

Bring your antiques and Peenstra Antiques Appraisals will offer free appraisals and advice. Who knows, you could have a real treasure on your hands. Register in advance by January 5 and list your one or two items. The first 25 registrants will have their items evaluated and the audience will get to listen in! Bring paintings, toys, jewelry, silver, porcelain, furniture and documents.

2649 M 1/22 1-2:30 PM \$4/\$5/\$6
Lounge

NEW! Bridge – Beginner Part II

A fun and instructive class to learn bridge. Classes start with a lesson and finish with supervised play. Topics include the 2-over-1 bidding system and play of cards while learning foundations of the game. Prerequisite: Beginner's Bridge 1 or a basic understanding of modern bidding.

2729 Tu 1/23-2/27 1-3 PM \$85/\$93/\$115
Lounge

Birthday and Anniversary Parties

Celebrate with a festive afternoon of lively entertainment and light refreshments second Wednesday of the month. Mark your calendar for these special events, held in partnership with Rockville Seniors, Inc. Registration is required at least one week prior to each party, based on availability.

January Birthday

Sponsored by: Yolande Langbehn, Francis Light, Jim Wilson, and Joan Schneider-Wilson

Entertainment by: Andrea Hancock, "Happy New Year"

2374 W 1/10 1:30-3 PM Free/\$7
Carnation Room

February Birthday

Sponsored by: JoAnne Barron, Shirley Bertoni and Right at Home

Entertainment by: Dancing Clouds & Graceful Postures

2662 W 2/7 1:30-3 PM Free/\$7
Carnation Room

March Birthday

Sponsored by: Young In Heart Club

Entertainment by: Jeff Herbert, Irish Tunes

2663 W 3/7 1:30-3 PM Free/\$7
Carnation Room

Book Club

An in-depth discussion covering a broad spectrum of books, ranging from older classics to current best sellers. Books are selected by the group at each session. A moderator presents topics for discussion.

3637 Th 1/25 & 2/22 10-11 AM Free/\$7
Board Room

NEW! Carnation Players

Calling all characters! If you can sing, dance, play an instrument or want to be in a skit, we need you. The Players can't guarantee fame and fortune, but you'll have lots of fun. Group performs for Center events and in the community.

2666 Tu 1/23-3/20 3-4 PM Free/\$7
Carnation Room

Arts & Enrichment

Citizenship Class

If you have been a U.S. resident for four years and nine months and would like to become a citizen, sign up. Offers instruction in English and communication, and preparation for the U.S. Citizen and immigration Services naturalization interview. Priority will be given to seniors and members of the Rockville Senior Center.

2724 M & W 1/17-4/2 12:30-2 PM \$20/\$22/\$27
Azalea Room

NEW! Critters and Coffee

Enjoy coffee, a wildlife discussion and tour with staff at the Croydon Creek Nature Center. Visit this wonderful facility and learn about what's living in our own backyards. Meet at Croydon Creek, 852 Avery Road, for coffee and conversation.

3592 F 2/2 10:15-11:15 AM Free
Exhibit area

French

If you have never studied the French language or if you haven't used your previous knowledge of French for some time, this is the class for you. Build a solid foundation for conversational French through a visual and immersion technique.

Beginner

2849 M & W 2/12-3/19 10-11:30 AM \$55/\$68/\$79
Counselors Office/Bender

Continuing

2848 M & W 2/12-3/19 1-2:30 PM \$55/\$68/\$79
Azalea Room/Bender

English Class

Classes include reading, speaking, listening and pronunciation for seniors whose first language is not English. Returning students should register for the class recommended by your teacher. New student placement is determined by assessment on 12/5 & 12/12, 10 a.m. - 12 p.m. A \$10 book fee may be required at the first class.

English 1 Beginner

2719 M & W 1/8-3/21 10 AM-12 PM \$20/\$22/\$27
Azalea Room

English 2 High Beginner

2720 Tu & Th 1/9-3/15 10 AM-12 PM \$20/\$22/\$27
Arts & Crafts Room

English 3 Intermediate

2721 Tu & Th 1/9-3/21 10 AM-12 PM \$20/\$22/\$27
Card Room

English 4 Advanced

2722 M & W 1/8-3/21 10 AM-12 PM \$20/\$22/\$27
Arts & Crafts Room

English Conversation Classes

Speak more confidently about everyday topics.

2723 Tu 1/16-3/13 1-2:30 PM \$14/\$16/\$18
Arts & Crafts Room

NEW! Gourmands Go Irish

Let's go on an Irish mystery Gourmands' lunch. We'll enjoy traditional Irish fare and hospitality. We always have fun when we don't have a clue where we're going. Food and beverages are purchased by participants from a selected menu. Leadership and bus transportation included.

2677 Tu 3/13 10:30 AM-3:30 PM \$28/\$35/\$40
Glenview Mansion Lower Parking lot

NEW! History Alive - Clara Barton

Award-winning actress and Smithsonian scholar Mary Ann Jung will bring Clara Barton, the Red Cross angel, to life. Proper ladies of her time were supposed to be quiet, marry, have children and stay at home. Barton defied society, risked her life to help others and became a true heroine. Learn her fascinating true story.

2634 W 1/31 1-2 PM \$6/\$9/\$12
Lounge

NEW! Jazz With Jesse – Favorite Songs

Jesse plays sax and clarinet to music of the great songwriters of the 1920s-1940s. He has an impressive repertoire so come with songs you'd like to hear. Jesse can give you hints if you need them.

2659 W 1/24 10:30-11:30 AM Free/\$12
Azalea Room

Arts & Enrichment

NEW! Mahjongg-Beginner II

Class is designed for those who would like to delve more into the strategy of the game. Increase your success in playing with additional play. Participants should have an understanding of basic strategy or taken the fall Beginner class to enroll.

3648 W 1/17-1/31 1-2:15 PM \$24/\$30/\$38
Lounge

NEW! Movers and Shakers

Join college professor Joan Adams as she discusses an in-depth field of study. Each session focuses on the life and times of Americans who have made life in the U.S. better, easier, safer and more enjoyable.

Remember When? TV Premiers

First, it wasn't a bird or a plane or Superman, it was "Batman," in 1966. Then, in 1972 a story about a teenage boy and his Milwaukee, Wisconsin, family aired as "Love and the Happy Days," (later becoming "Happy Days"). An animated sitcom debuted in 1989 and is still running today — what's behind the success of "The Simpsons"?

2654 M 1/8 10:15-11:15 AM \$6/\$9/\$12
Card Room

Who Came up with That?

Two Individuals who changed travel — George Pullman and Robert Goddard. The Pullman car was famous for impeccable service and royal treatment by staff. From the railroads to the skies, Goddard was the man who ushered in the Space Age. Benjamin Waterhouse and Jonas Edward Salk developed vaccinations that saved lives and changed the way people protected themselves from smallpox and polio.

2655 M 2/12 10:15-11:15 AM \$6/\$9/\$12
Card Room

NEW! Myers-Briggs Type Indicator

Learn how to flex your personal style to gain influence and understanding of yourself and others. Discover strategies and tips to reduce interpersonal conflicts and increase mutual respect and appreciation of difference, using the Myers-Briggs personality type indicator.

2440 W 1/17 11-12:30 PM \$4/\$5/\$6
Azalea Room

NEW! Pastel Painting

Learn to use watercolor underpainting and apply pastels over watercolor. Class concentrates on color and values while painting landscapes and still life. Participants should bring UArt sanded pastel paper or purchase at first class from instructor for \$2. Bring your watercolor supplies. Taught by Val Fry.

2631 Tu & Th 12/7-12/14 10 AM-12 PM \$34/\$43/\$54
Blossom Room

Piano Lessons

Learn fundamentals of rhythm, theory and note reading in a small class environment. Pianos are available for each person.

Beginner II

This beginner class covers keyboard, rhythms and techniques. Limited to five participants to allow for individual instruction. Piano lesson book is available from instructor at first class for \$10.

3639 Tu 1/16-2/27 10:30-11:20 AM \$88/\$110/\$160
Board Room

NEW! Advanced

Class is designed for those who read both musical clefs, play two hands simultaneously and understand theory. Prerequisite: Students who have taken a continuing class at the Senior Center or meet the listed requirements.

3640 Tu 1/16-2/27 11:30-12:20 PM \$88/\$110/\$160
Board Room

Piecemakers' Club

Come join our friendly group of quilters, share ideas and techniques, and keep current on the latest trends in quilting. Work on your own or join a group project.

2640 M 1/22-3/12 12:45-2:45 PM \$9/\$13/\$17
Arts & Crafts Room

Arts & Enrichment

NEW! Religions of the World

The role religion plays in culture, society and politics has become more intense in the last two decades. This five-part series continues the discussions college professor Marvin Adams began with his introductory class in the spring. This course will take a brief look at The Great Divisions — Roman Catholics, Eastern Orthodox and Protestantism, Jehovah Witness, Mormons, the Church of Jesus Christ of Latter Day Saints, Christian Scientists and Unitarianism. Course is a springboard to discussion on major precepts and beliefs of each religion.

2658 W 1/31-2/28 10:15-11:15 AM \$35/\$44/\$55
Blossom Room

NEW! River Cruising in Europe

This PowerPoint presentation highlights river and other small-boat cruising of 200 passengers or less. Itineraries available from around the world including the Rhine, Danube and Seine, with comparisons to larger-boat ocean cruising.

2276 Tu 2/20 10:30 AM-12 PM \$2/\$3/\$4
Azalea Room

NEW! Something's Stirring

Our kitchen will be smoking — not really! — as certified culinary professional Sheila Crye cooks two comforting soups and a quick bread in this demonstration class. Includes a sample tasting with enough to take home. Yummy recipes to make again and again.

2639 M 1/29 1:30-3:30 PM \$40/\$50/\$63
Kitchen



Senior Citizens Commission

The commission is appointed by the Mayor and Council. The commission identifies issues that support making Rockville a community where seniors choose to remain and live a healthy, safe and active life.

Spanish for 60+

If you've never studied Spanish before or are just brushing up, this series of fun, flexible, easy to follow classes is designed to make you feel more comfortable getting started with everyday conversation. Learn the fundamentals of the Spanish language and start speaking with confidence. Includes interactive activities.

Beginners

2846 Tu & Th 1/16-2/15 12:30-2 PM \$55/\$68/\$79
Sunroom/Delgado-Alba

Continuing

2847 M & W 1/17-2/21 1-2:30 PM \$55/\$68/\$79
Sunroom/Delgado-Alba

NEW! The Supreme Court v. POTUS

College professor Joan Adams begins this new course with a look at two landmark Supreme Court cases. Keep well-informed and educated with our political programs.

Marbury v. Madison

Marshall claims the Constitutionality of Judicial Review. Two presidents and one who would later become one are involved in this landmark case. This case helped to define boundaries between two branches of government.

2372 M 1/22 10:15-11:15 AM \$6/\$9/\$12
Card Room

The Burr Conspiracy and Executive Privilege

Thomas Jefferson's Vice President Aaron Burr fought his treasury secretary, Alexander Hamilton, in a fatal duel, and became the focus of a Supreme Court case. Burr was prosecuted for treason and high misdemeanor. How did the jury and Justice Marshall come down on this case?

2373 M 2/26 10:15-11:15 AM \$6/\$9/\$12
Card Room

Arts & Enrichment



Ukulele

The ukulele is an instrument rich with history and tradition. First appearing in Hawaii in the 1800s, the "uke" has found a unique home for itself in both traditional and popular music. Classes are limited in size to allow individual instructions. Ukulele rentals are available through The School of Music for \$30 per semester. Call 240-314-8820 to arrange for your ukulele.

Beginner II

Designed for students who have had beginner class or those with limited experience, this class continues with learning chords and strumming.

3641 W 1/17-2/28 12:30-1:20 PM \$85/\$107/\$134
Board Room

Intermediate

This class builds on chord and strumming skills, ukulele techniques and songs.

3642 W 1/17-2/28 1:30-2:20 PM \$85/\$107/\$134
Board Room

Daily Lunch

Hot and cold lunches are available at noon, Monday-Friday. Participants contribute as much as they are able toward the cost of the meal (\$5.72).

Reservations required:
240-314-8810.

Watercolor Classes

Val Fry, our popular watercolor teacher, has a background in art and art therapy, and is active in art organizations throughout the state. Fry's wealth of experience in the medium means her classes fill quickly.

Beginner

This class introduces the basics of color, brush handling, composition and technique. The class emphasizes creative expression and developing your own unique style. Supply list available at Senior Center information desk.

2730 Tu 1/16-2/27 10 AM-12 PM \$88/\$110/\$136
Blossom Room/Fry

Intermediate

For participants with some watercolor experience. Class focuses on composition, color harmony and movement, and explores color mixing, splattering, wet into wet and other techniques.

2714 Tu 1/16-2/27 1-3 PM \$88/\$110/\$136
Blossom Room/Fry

2741 Th 1/18-3/1 1-3 PM \$88/\$110/\$136
Blossom/Fry

Advanced

For the experienced painter. Class encourages participants to simplify design plans while looking at more abstract shapes, contrasts and emotions. Emphasis is on building use of color, composition and your own unique style.

2736 Th 1/18-3/1 10 AM-12 PM \$88/\$110/\$136
Card Room/Fry



Arts & Enrichment



Wine and Cheese Open House

Enjoy an evening out to meet new friends and the staff at the Senior Center. Bus transportation is available to Rockville residents by calling 240-314-8810.

3700 Tu 2/20 5:30-7 PM \$3/\$5
Carnation Room

NEW! Woodworking – At Your Service

Peter McNally helps with a winter woodworking project. A serving tray, with smooth joinery and sturdy construction, will highlight whatever you're carrying, whether an outdoor snack of fruit and cheese or an indoor treat of coffee and cookies. Supply list available at the front desk at the time of registration.

2653 Tu & Th 2/6-2/8 10-12:30 PM \$15/\$19/\$24
Woodshop

Rockville Seniors, Inc. (RSI)

A 501(c)(3) established by Mayor and Council to assist in providing financial support for the Rockville Senior Services. Volunteer opportunities are available to support RSI's fundraising activities.

For more information, visit: www.rockvillemd.gov/boardsandcommissions

Resource Refresher

See page 27-29 for more support resources

- Information and resource referrals
- Customized individual assistance
- Home visits from staff
- Emergency financial assistance
- Financial assistance for center memberships and classes
- Health education
- Immunizations
- Blood pressure screenings
- Body composition screenings
- Medical equipment loan closet
- Wellness counseling
- Individual counseling and support groups
- Bus service to the Rockville Senior Center
- Bus service to shopping
- Subsidized taxi coupons
- Home evaluations on repair and safety needs
- Help determining the appropriate service provider to call
- Water conservation program
- An up-to-date list of area contractors
- Snow removal
- Care management for low income
- Daily lunch at noon
- Weekly Chinese lunch
- Computer and Technology
- Digital photography
- ESOL (English for Speakers of Other Languages)
- Citizenship
- Language classes



Travel Broadens the Mind (and Body, and Soul)

When you travel with the Senior Center, you can relax and leave the driving and parking to us. Travel in the comfort of a chartered bus, equipped with restrooms. It's a great way to meet new people or create memories with old friends. Hurry! Trips tend to sell out quickly, so don't delay. Call 240-314-8800 for more information.

TRIP REGISTRATION In-Person Lottery

Thursday, Jan. 4, 10:30 a.m.

Senior Center members and residents. Numbers distributed random order, 10:15 a.m.

Friday, Jan. 5

Nonresidents and nonmembers. Registrations accepted at Senior Center only.

Individuals may register for themselves and one other person.



NEW! Holiday Dinner and Festival of Lights

Travel to Mrs. K's Tollhouse in Silver Spring for a pre season holiday dinner. After dinner, we will visit The Festival of Lights at the Visitor's Center of the Washington, D.C. Temple of the Church of Christ of Latter-Day Saints. Temple grounds glow with over 650,000 lights as well as decorated trees in international themes and an exhibit of creches from around the world. Trip includes charter bus transportation, leadership, dinner and lights. Please note that you may register for this trip upon receipt of the guide, but for this trip only.

3684 Th 12/7 4:15-8:15 PM \$77/\$97/\$112
Glenview Mansion Lower Parking lot

NEW! Snowtubing

Feel the wind in your hair as you whoosh down snow-covered lanes while sitting on a huge inner-tube at Liberty Mountain near Gettysburg, Pennsylvania. Rope tows pull you back to the top. Cost includes one hour of snow tubing, transportation and leadership. Post-tubing lunch on your own at the Cracker Barrel.

2661 F 1/19 9 AM-3 PM \$59/\$73/\$83
Glenview Mansion Lower Parking lot

NEW! Happy Hearts Luncheon

Travel to Dutch's Daughter for winter outing on Valentine Day. Ranked one of the top-rated restaurants in Frederick, Dutch's offers many delicious menu options. Participants select from the extensive menu and pay individually. Trip includes charter-bus transportation and surprises.

3606 W 2/14 10:30 AM-3:30 PM \$28/\$35/\$40
Glenview Mansion Lower Parking lot

NEW! Rainbow's Comedy Playhouse

"Death at the Garage Sale" is the latest comedy at Rainbow and there's no doubt, downsizing is murder! It's hard to imagine an older couple getting into trouble organizing their garage sale, but when evidence of foul play is found, the question is: Who died and which one of them did it? Rainbow is in Paradise, Pennsylvania. Trip includes charter-bus transportation, buffet lunch, show and leadership.

2633 Th 2/22 8:30 AM-6:30 PM \$96/\$120/\$138
Glenview Mansion Lower Parking lot

NEW! DAR Museum

Explore the American home. Each of the museum's 31 period rooms feels like you're stepping into the past. You can peek into an 1810s bedroom, 1820s dining room, 1860s parlor and many more. See how homes have changed over the years; which features do we still use today, and which have fallen by the wayside? Lunch will be at Hunters Inn in Potomac after the tour. Trip includes charter bus transportation, leadership, tour and lunch.

3643 M 3/5 9 AM-3 PM \$60/\$75/\$86
Glenview Mansion Lower Parking lot



Worried about the weather?

Call 240-314-8800 for updated
openings and closings.



'ICE' In Case of an Emergency

Emergencies happen. Here's a easy and useful idea, just in case it happens to you and you need to contact someone quickly. Open the address book or contacts section on your cell phone and create a new entry with the name "ICE," then add the contact information for your chosen emergency contact. It is also a good idea to enter additional information about the contact, including his or her name and relationship to you under "Notes" or in another unused field. If your phone has a lock feature, come to the smartphone class and learn more, or visit the computer lab during open hours.

Along with the entry in the phone, please remember to update your contact information at the front desk and in the new Rec 1 system!

(B) Computers – Save and Find Documents

Can't find a file or photo you saved? Learn the Windows filing method. Topics include creating, naming and filing folders, saving files to backup disks and creating and/or deleting a desktop shortcut.

2838	Th	12/21	1-3 PM	\$5/\$7/\$9
2839	Tu	2/27	1-3 PM	\$5/\$7/\$9
Comp. Lab/Hickman				

(B) Email Basics

Introductory session uses class accounts to learn the basics of sending, receiving, copying and saving emails.

2840	Th	12/7	1-3 PM	\$5/\$7/\$9
2841	Tu	1/16	1-3 PM	\$5/\$7/\$9
3729	Th	1/25	1-3 PM	\$5/\$7/\$9
2842	W	2/7	1-3 PM	\$5/\$7/\$9
3730	Th	2/15	1-3 PM	\$5/\$7/\$9
Comp. Lab/Martin				

(B) Using Function Keys

Function keys have a variety of different uses or no use at all. See how function keys improve how you work with your computer.

3723	Tu & Th	12/26-12/28	1-3 PM	\$15/\$20/\$25
2702	M & W	1/8-1/10	10 AM-12 PM	\$15/\$20/\$25
2710	M & W	2/26-2/28	10 AM-12 PM	\$15/\$20/\$25
Comp. Lab/Martin				

(B) Using Right Click – Left Click

Understand your mouse and discover how to find, move, copy and save files and pictures. Create or delete shortcut icons on your desktop, emails and documents.

2843	Th	12/14	1-3 PM	\$5/\$7/\$9
2844	W	2/14	1-3 PM	\$5/\$7/\$9
Comp. Lab/Martin				

(B) Windows PC Backup

When and how do I back up my system? How long do I hold my backups? What type of backup media is the best? Learn the answers to these and other important questions you might have.

2671	Tu	12/5	1-3 PM	\$15/\$20/\$25
2672	M	1/8	1-3 PM	\$15/\$20/\$25
2673	M	2/5	1-3 PM	\$15/\$20/\$25

Comp. Lab/Hickman

(BI) Computer Voice Commands

Learn to set up your computer for Windows or speech recognition, create and edit documents or emails, launch applications, open files, control your mouse and more. Program requires Windows 7 or 8.

2687	Tu	12/12	1-3 PM	\$9/\$11/\$15
2688	W	1/10	1-3 PM	\$9/\$11/\$15
2689	M	2/12	1-3 PM	\$9/\$11/\$15

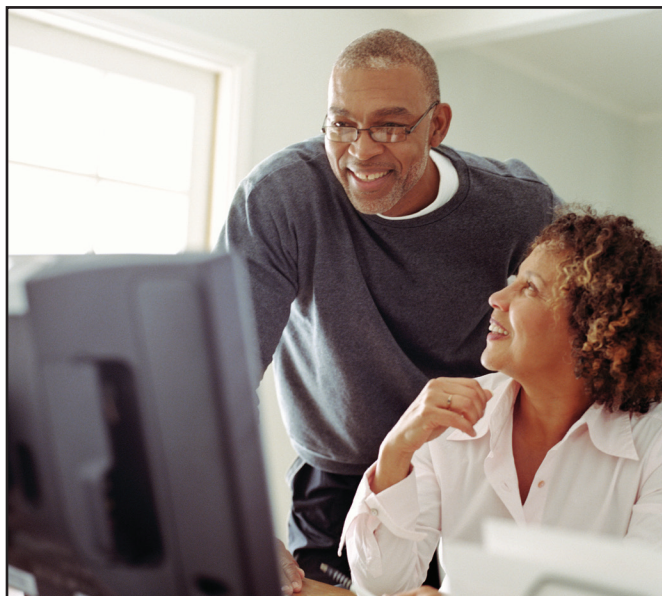
Comp. Lab/Hickman

(BI) PC Infections

Learn tips to ensure both you and your computer are protected against hackers, scammers and identity thieves. Learn to identify the signs and symptoms of malicious software.

2651	W	1/17	1-3 PM	\$7/\$9/\$13
2652	Tu	2/6	1-3 PM	\$7/\$9/\$13

Comp. Lab/Hickman



(I) Computer Troubleshooting

Learn basic troubleshooting techniques and solve your computer problems.

2712	Tu & Th	1/9-1/11	1-3 PM	\$15/\$20/\$25
2716	M & W	2/26-2/28	1-3 PM	\$15/\$20/\$25

Comp. Lab/Hickman

(I) Laptops – Windows 7

Bring your laptop to class and learn about wireless connections, touch pads, Internet access, protecting your computer from theft and other important features of Windows 7.

2717	M & W	12/4-12/6	10 AM-12 PM	\$15/\$20/\$26
2718	M & W	1/22-1/24	1-3 PM	\$15/\$20/\$26

Comp. Lab/Hickman

(I) Laptops – Windows 8

Bring your laptop to class and learn about wireless connections, touch pads, internet access, protecting your computer from theft, and other important features of Windows 8.

2820	M&W	12/11-12/13	10 AM-12 PM	\$15/\$20/\$25
2821	M&W	1/29-1/31	1-3 PM	\$15/\$20/\$25

Comp. Lab/Hickman

(I) Maintaining Your Computer

Does your system have frequent pop-up messages? Does it take a while to start up or shut down? These tips help improve performance and answer questions that puzzle you about your computer. A \$3 handout fee is payable to instructor at first class.

3724	Tu & Th	1/2-1/4	1-3 PM	\$9/\$11/\$13
2826	Th	2/8-2/15	10 AM-12 PM	\$9/\$11/\$13

Comp. Lab/Hickman

(I) Microsoft Excel

Learn how to enter data, create a basic worksheet from data, and design, develop, format and manipulate spreadsheets with MS Excel (10 Version).

2834	Tu&Th	12/5-12/14	10 AM-12 PM	\$27/\$34/\$41
2835	M&W	2/5-2/14	10 AM-12 PM	\$27/\$34/\$41

Comp. Lab/Hickman

(I) Microsoft Excel II

After taking Microsoft Excel I, enhance your skills in chart formats and modify chart data; creating and use advanced database features; working with multiple worksheets and workbooks.

2836 Tu & Th 12/19-12/28 10 AM-12 PM \$27/\$34/\$41
2837 Tu & Th 2/20-3/1 10 AM-12 PM \$27/\$34/\$41
Comp. Lab/Hickman

(I) Microsoft Word

Learn to line up text, collate a list and make documents look professional.

2829 M & W 12/4-12/11 1-3 PM \$27/\$34/\$41
2830 M & W 1/22-1/29 10 AM-12 PM \$27/\$34/\$41
Comp. Lab/Hickman

(I) Using Thumb Drives Etc.

Learn how to copy pictures or files on to a flash drive (thumb drive) and cut, copy and paste files from that drive to any other computer. It's important to have a backup.

2690 Tu 12/19 1-3 PM \$7/\$9/\$13
2691 Tu 1/30 1-3 PM \$7/\$9/\$13
2693 W 2/21 1-3 PM \$7/\$9/\$13
Comp. Lab/Hickman

(I) Windows 10 Laptop

With the rollout of Windows 10 on new laptops, learn how to navigate the newest Windows platform.

2823 M & W 12/18-12/20 10 AM-12 PM \$26/\$34/\$42
2824 Tu & Th 1/16-1/18 10 AM-12 PM \$26/\$34/\$42
2825 Tu & Th 2/20-2/22 1-3 PM \$26/\$34/\$42
Comp. Lab/Hickman

Practice Lab for Beginners

If you never touched a mouse or keyboard, this class will help you become familiar with their basic functions. Move at your own pace with individualized instruction.

3725 F 1/5-3/30 10:30AM-12PM Free

Android Basics

Take a look at many of the installed apps on your device, see pictures and video clips, and download and play games from the app Store. Use the Messaging App to communicate with your friends and more.

Phone

2827 Tu & Th 1/9-1/11 10 AM-12 PM \$15/\$20/\$25
2828 Th 2/1-2/8 1-3 PM \$15/\$20/\$25

Tablet

3728 Tu & Th 1/2-1/4 10 AM-12 PM \$15/\$20/\$25
Comp. Lab/Martin

Flip Phone Basics

Learn the basics about your flip phone. Get direction on what the icons mean on your screen and how to navigate through the buttons.

2699 Tu 1/23 1-3 PM \$11/\$13/\$15
2700 W 2/21 10 AM-12 PM \$11/\$13/\$15
Comp. Lab

Microsoft Powerpoint

2831 M & W 12/13-12/20 1-3 PM \$27/\$34/\$41
2832 Tu & Th 1/23-1/30 10 AM-12 PM \$27/\$34/\$41
Comp. Lab/Hickman

Recognizing PC Scams

2674 F 12/22 10 AM-12 PM \$7/\$9/\$13
2675 W 1/17 10 AM-12 PM \$7/\$9/\$13
2676 Tu 2/6 10 AM-12 PM \$7/\$9/\$13

Pictures to PC

Learn how to copy them to your computer. Make separate folders for all your groups of pictures. Email them to family and friends. Bring your charger and cord to class.

Tablet

2694 W 12/27 1-3 PM \$7/\$9/\$13
2698 W 1/3 1-3 PM \$7/\$9/\$13
2697 Tu 2/13 1-3 PM \$7/\$9/\$13

Phone

3726 W 1/3 10 AM -12PM \$7/\$9/\$13
3727 Tu 2/13 10 AM -12 PM \$7/\$9/\$13
Comp. Lab/Hickman



An Ounce of Prevention

Physical changes and medications can make falling more likely as we age. But there are several ways you can prevent falls, including wearing sensible shoes, keeping paths clear in your home, using handrails, getting your vision checked and staying fit. Talk with your doctor about taking classes to help improve your strength and balance at the Rockville Senior Center, such as Tai Chi, Yo Chi, On Your Feet Yoga, or A Matter of Balance.

Staff Highlight: Mark Khazonov

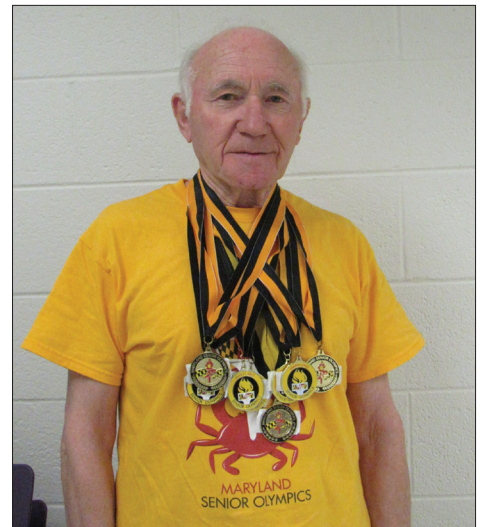
If you're a fitness member, you've most likely met Mark Khazonov. But did you know his remarkable story?

Mark, now 84, is a fitness attendant in the fitness room and monitors the room while members are working out.

He was born in the Ukraine in 1933. In 1941, he, his mom and brother escaped the German occupation and survived the Holocaust. Mark moved to Moscow after the war and graduated with a degree in mechanical engineering and physics.

In 1981, he emigrated with his family to the United States and in 1986 started work for NASA at the Goddard Space Flight Center, where he worked on the Hubble Space Telescope and for other flight and ground projects.

"I'm an active person," Mark says. "I like skiing, biking, and swimming. Five years ago, I started participating in the Senior Olympics. Today I have nine gold Olympic medals in swimming. Exercise helps me stay healthy and active."



ROCKVILLE SENIOR FITNESS CENTER

It's the best time to be 60+ in Rockville!

7 a.m.-8 p.m., Monday-Thursday • 7 a.m.-7 p.m., Friday • 7 a.m.-4 p.m., Saturday

Fitness Center Membership Fees

\$90/year (Must be a Senior Center member)

www.rockvillemd.gov/seniorcenter

240-314-8800

A Matter of Balance

Balance exercises help improve stability, coordination, leg strength and posture. Exercises in this class help reduce the risk of falling and prevent injury to improve overall daily life.

2683 W 1/10-3/7 12:10-12:50 PM \$33/\$38/\$48
Exercise Room/Finn

Abs and Back

The core is the key to better posture, better balance and better movement. This class focuses on the core through exercises using upper and lower abdominals, pelvic floor, obliques, buttocks and mid – and lower – back muscles. Most exercises are done on the floor; participants must be able to get up and down from the mat.

2684 Tu 1/9-3/6 5-5:45 PM \$40/\$48/\$57
Exercise Room/D'Angelo

Aerobic Workout

Step up to the latest exercise designed for the active participant who can walk and turn with ease. Aerobic dancing provides enjoyable exercise using dance movements with one foot safely in contact with the floor at all times. Class includes a mixture of oldies and current music.

2685 Tu & Th 1/9-3/8 11-12 PM \$55/\$64/\$75
3703 W 1/10-3/7 2:15-3:15 PM \$35/\$44/\$52
Exercise Room/Klopfer

Afternoon Yoga Flow

Calm your mind and body during this afternoon yoga flow class. Move in sequence through basic yoga poses, including Warrior 2, Chair and Tree pose, in a slow-to-moderate flow pattern. This yoga practice begins with a warm-up and ends with a relaxation period. This class includes work done on the mat. Bring a yoga sticky mat.

2686 Tu & Th 1/9-3/8 3:30-4:30 PM \$70/\$88/\$105
Exercise Room/Ford

Arthritis Foundation Exercise

Designed by the Arthritis Foundation, this class uses gentle movements to help increase joint flexibility, range of motion, overall stamina and maintain muscle strength. Exercise can help ease pain and stiffness, as well as feelings of isolation and depression.

2692 Tu & Th 1/9-3/8 1-2 PM \$53/\$65/\$78
3672 F 1/12-3/9 1:05-2:05 PM \$30/\$37/\$43
Exercise Room/Owen

Belly Dance Basics

Enjoy an expressive, exciting and energetic activity. Basic belly dance practices can stimulate the heart and lungs, loosen the hips and spine, and improve balance and core strength.

2728 F 1/12-3/9 10-10:45 AM \$35/\$44/\$52
Blossom Room/Ford

Body Sculpt Workout

Work all your major muscle groups with the use of weights, bands and tubes. The instructor guides you through each movement. All exercises are appropriate for adults 60+. This class includes work on the mat.

2731 F 1/12-3/9 9-9:45 AM \$40/\$50/\$60
Thomas Farm CC/Ramsey

Caribbean Dance Basics

Learn how to dance salsa, cha cha, guaguancó and other Caribbean rhythms. Class begins with a slow warm-up, followed by instruction of basic steps. You combine the steps learned to create fun Caribbean dances performed to live music.

2733 M 1/8-3/19 11-12 PM \$45/\$56/\$67
Carnation Room/Delgado-Alba

Caribbean Dance and More

Advance your knowledge dancing salsa, cha cha, guaguancó and other Caribbean rhythms. This class begins with a slow warm-up followed by instruction of dance steps. You combine the steps learned to create fun Caribbean dances performed to live music. No class 1/10, 2/7, 3/7.

2732 W 1/3-3/21 11-12 PM \$45/\$56/\$67
Carnation Room/Delgado-Alba



Fitness and Sports

Chair Exercise

This seated program is performed to music. Exercise patterns are designed for those with limited mobility to help develop strength, flexibility and endurance, and promote better circulation.

2734 M & W 1/8-3/14 11-12 PM \$48/\$60/\$68
Exercise Room/Ramsey

Chi Gong (Qigong)

Chi Gong is a set of meditative exercises combining simple body movements, breathing and mental imagery. Direct the flow of your body's energy to help prevent disease and build strength.

2735 F 1/12-3/9 11:15-12 PM \$45/\$56/\$67
3673 F 1/12-3/9 12:15-1 PM \$45/\$56/\$67
Blossom Room/Helfer

Easy Feet

Use fun, energetic music to learn easy-to-follow patterns, including some basic dance moves, and receive a great light-cardio workout. Appropriate for beginners.

2737 F 1/12-3/9 11:15-12 PM \$30/\$38/\$45
Exercise Room/Finn

Fitness Club

Interested in becoming a Fitness Club member? Work out in our state-of-the-art fitness room. Basic exercise machine training is required for new members. Instruction is offered by appointment only. You must be a Senior Center member to join. The Fitness Club membership fee is \$90 annually. Stop by the reception desk to set up your appointment. Some Saturday appointments available.

Basic Exercise Machine Training

Basic exercise machine training is required of all new Fitness Club members. This is done by appointment only. Appointments can be made at the front desk. \$15.

Exercise Machine Training-Plus

For those who want more than the required basic training program, this training is led by one of our certified personal trainers. Receive a basic exercise plan designed specifically for you at the end of your session. Appointments can be made at the front desk. \$40.

Easy Zumba

Combine fun, energetic and motivating music with easy-to-follow movements and dance away your worries. Zumba is great for the body and mind. Wednesday class will be held in the Carnation room. Appropriate for beginners.

2739 M & W 1/8-3/14 10-10:50 AM \$48/\$60/\$72
Exercise Room/Serrano-Gonzalez

Easy Zumba Bilingual

Esta clase inspirada en musica Latina, es apropiada para principiantes. 'Easy Zumba' está diseñada para ayudarle a ejercitar todo su cuerpo mientras se divierte bailando. Las instrucciones se proveerán en español e inglés. This Latin-inspired class is appropriate for beginners. Easy Zumba is designed to help you get a total body workout while having fun dancing. Instructions provided in Spanish and English.

2740 F 1/12-3/9 10:45-11:35 AM \$30/\$38/\$45
Twinbrook CRC/Serrano-Gonzalez

Fitness Buddy

Are you in need of assistance while you exercise in our state-of-the-art fitness center? Let your fitness buddy help guide you through the equipment. Schedule an appointment and your buddy will work with you for one hour. This is not a personal training session. An appointment is required for this service. Please stop at the front desk to schedule. Must be a Fitness Center member.

2745 M-F 1/2-3/23 8:30-6 PM \$15
Fitness Center

Forever Fit

Receive a total-body workout that combines cardio exercise, strength training and flexibility. All exercises are done standing or seated in a chair. No mat work will be done. This class is appropriate for most fitness levels.

2749 M 1/8-3/19 12:10-12:50 PM \$30/\$38/\$45
2748 Tu & Th 1/9-3/8 10-10:50 AM \$60/\$75/\$90
Exercise Room/Finn

Functional Training

While focusing on functional movement, this class includes routines designed to improve strength for all muscle groups. Supercharge your workout, boost your metabolism, burn fat and reach your fitness goals. Participants use weights and mats. This work out is for most fitness levels.

2750 Sa 1/13-3/10 10-11 AM \$45/\$56/\$67
Exercise Room/Owen

Hot Zumba Moves

Increase your energy with exciting dance moves. This class is taught using percussion instruments along with Latin-based music. Have a total body workout and reduce stress levels while having fun dancing. Appropriate for active participants who can walk and turn with ease.

2751 Tu 1/9-3/6 2:15-3 PM \$45/\$56/\$67
Exercise Room/Serrano-Gonzalez

On Your Feet-Yoga Blend

Class includes basic yoga poses in a slow and easy pattern, adding elements of balance and core-strengthening exercises, in a standing or seated position. No mat work involved.

2754 W 1/10-3/7 1:15-2 PM \$45/\$56/\$67
2755 F 1/12-3/9 12:15-1 PM \$45/\$56/\$67
Exercise Room/Finn

Pilates Basics

Learn basic Pilates moves while targeting abdominal and pelvic muscles to improve balance, posture, flexibility and core strength. Enjoy this non-impact, mind/body workout using mats (provided). Class is appropriate for beginners.

2756 Th 1/11-3/8 11-11:45 AM \$57/\$71/\$85
Lounge/Finn

Pilates-Intermediate Workout

Participants should have a basic knowledge of Pilates movements and breathing. Strengthening and stretching exercises target abdominal and pelvic muscles to improve balance, posture, flexibility and core strength.

2757 Th 1/11-3/8 2:15-3 PM \$57/\$71/\$85
Exercise Room/Klopper

Pre-hab Training

Get in shape before your surgery and get back on your feet in less time. Our pre-hab specialist helps you recover faster by developing and implementing an exercise plan specific to your needs. This program includes eight, individual one-hour sessions with the trainer. In addition, this program must begin no later than six weeks prior to scheduled surgery and requires medical clearance from your doctor. Resident rate and non-resident rate include a 3 month membership to the Senior Center and Fitness Center.

2760 M-F 1/3-3/10 8-6 PM \$299/\$349/\$375
Fitness Center

Post-rehab Training

Have you completed your rehabilitation program with your doctor or physical therapist? Let us help you continue on your road to recovery. Our postrehab specialist works together with your medical professionals to develop a safe and effective fitness plan. Includes eight individual one-hour sessions with the trainer. This program requires medical clearance from your doctor or physical therapist. Resident rate and non-resident rate includes a 3 month membership to the Senior Center and the fitness center.

2759 M-F 1/3-3/10 8 AM-6 PM \$299/\$349/\$375
Fitness Center

Show Stoppers

The "Show Stoppers", a dance performance group will perform at various functions throughout the year. If you are interested in learning, practicing and performing choreographed dance routines, join this group and be a star. For Senior Center members only.

3685 Tu 1/23-3/23 12:15-1 PM
F 1:15-2 PM Free
Tu-Carnation Room, F-Blossom Room

Fitness and Sports

NEW! Soul Line Dance

This dance-based fitness class is appropriate for people of most fitness levels who like to shake their groove thing. Like its country cousin, soul-line dance is a set of steps and moves to soul and hip-hop music that's repeated facing all four walls. Learn to two step, shuffle and wobble, among others.

3671 Tu & Th 1/9-3/8 6:30-7:30 PM \$50/\$62/\$75
Exercise Room/Hailey

Strength Training Challenge

This class is designed to build muscle strength, endurance and improve balance. The instructor guides you through a variety of movements while working all major muscle groups with the use of weights, bands and tubes. Class includes work on the mat.

2768 Tu & Th 1/9-3/8 9-9:45 AM \$64/\$80/\$96
Exercise Room/Ramsey

Stretch With Ease

This easy-to-follow class helps you increase your flexibility while incorporating simple stretches and basic yoga movements. This class is appropriate for most fitness levels. Bring a yoga sticky mat. This class includes work on the mat.

2769 Sa 1/13-3/10 11:15-12 PM \$40/\$50/\$60
Exercise Room/Owen

T'ai Chi Ch'uan – Beginner/Intermediate

Combine body movement, breathing and mental awareness to promote health and relaxation. This class incorporates and compares different styles of T'ai Chi, including aspects of history and culture. For Senior Center members only.

2770 Tu & Th 1/9-4/5 10-10:50 AM \$8
Carnation Room/Gegan



Senior Fit

Improve your health and become more independent with the help of an exercise physiologist. Sponsored by Holy Cross Hospital and Kaiser Permanente. All participants must register and have a signed doctor's certificate. Note: First Wednesday of every month, class is held at Lincoln Park Community Center.

M & W 1:30-2:15 PM & 2:20-3:05 PM Free

Total Conditioning Workout

This strength-building, non-cardio fitness class is designed to improve strength, flexibility and balance using hand-held weights, bands and tubes. Intensity may be modified to suit most fitness levels. This class includes work on the mat.

2775 M 1/8-3/19 9-9:45 AM \$45/\$56/\$68

2776 F 1/12-3/9 9-9:45 AM \$45/\$56/\$68

Exercise Room/Klopfer

Triple Challenge

This great class addresses the three major components of exercise; cardio conditioning, strength training and flexibility. Receive a total body workout in only one hour. Class can be modified for most fitness levels. This class includes work done on the mat.

2777 W 1/10-3/7 5-6 PM \$45/\$56/\$68

Exercise Room/Biedscheid

Personal Trainer

Let a nationally certified personal trainer design a program based on your individual needs. Includes initial evaluation. Register at the front desk and you will be contacted by one of our trainers to schedule an appointment. Some Saturday appointments are available. Fitness Club members only.

One – One Hour Session: \$49

Two – One Hour Sessions: \$95

Three – One Hour Sessions: \$135

Six – One Hour Sessions: \$250

Ten – One Hour Sessions: \$395

Fitness Room

Game Room Activities

Play pool and table tennis daily in the Senior Center game room. Open 8:30 a.m.-7 p.m., Monday and Wednesday, 8:30 a.m.-5 p.m., Tuesday, Thursday and Friday, and 8:30 a.m.-2:45 p.m., Saturday. Practice games, clinics, and instruction are held regularly. Table tennis is also available at Twinbrook Community Recreation Center from 9-10 a.m., Wednesday. For Senior Center members only.

1910 M-F 1/2-4/6 Free
Game Room

Triple Zen

Experience the benefits of flexibility through yoga while gaining core strength and conditioning through Pilates. This class is performed in slow, flowing patterns. Bring a yoga sticky mat. This class includes work done on the mat.

2779 M 1/8-3/19 11:15-12 PM \$45/\$56/\$68
Lounge/Owen

Walking Strong

Anytime is a great time to commit to a walking program. Feel and look better while getting healthier. This is a safe and fun indoor walking class that includes muscle-boosting exercises to increase circulation, boost your immune system and burn calories. Walk approximately one mile each class.

2782 Tu & Th 1/9-3/8 12:15-12:45 PM \$25/\$30/\$38
Exercise Room/Owen

Yo-Chi and Balance

This mind-body class combines standing yoga poses with Chinese T'ai Chi movement patterns to enhance balance. This fusion program improves stability, strength, mobility and flexibility by combining the two oldest mind-body programs. Modifications are available. Class is for most fitness levels. Bring a yoga sticky mat.

2784 M 1/8-3/19 1-1:45 PM \$30/\$37/\$43
Exercise Room/Serrano-Gonzalez

Yoga Flow

Move in sequence through basic yoga poses, including Warrior 2, Chair and Tree pose, in a slow-to-moderate flow pattern. This yoga practice begins with a warm-up and ends with a relaxation period. This class includes work done on the mat. Bring a yoga sticky mat.

2786 M 1/8-3/19 6:30-7:30 PM \$40/\$50/\$60
Exercise Room/Lydecker

Yoga for You

Yoga is a lifestyle incorporating exercise, diet, proper breathing, relaxation, meditation and positive thinking. Learn gentle stretching and strengthening exercises. Wear comfortable, loose-fitting clothing. Bring a yoga sticky mat. This class includes work done on the mat.

2788 W & F 1/10-3/9 (W) 9:50-10:50 AM
(F) 10-11 AM \$93/\$116/\$139

Exercise Room/Figure

Ask the Wellness Coach!

Let our coach check your body composition and help monitor your blood pressure.

Ask questions related to nutrition, diet and general health

Call for your free 15-minute appointment or stop by the Rockville Senior Fitness Room desk.
(Fitness Center members only.)



240-314-8813

Fitness and Sports



Yoga-lates on the Ball

Tone, strengthen and stretch your muscles in this dynamic total-body conditioning workout using the stability ball. Learn a variety of creative exercises that challenge both mind and body. Increase body awareness, balance and coordination through core stability, using yoga and Pilates.

2789 W 1/10-3/7 8:45-9:30 AM \$50/\$63/\$75
Exercise Room/Finn

Zumba Gold

This easy Latin and internationally inspired program is designed for beginners. It creates a party-like atmosphere that is fun and effective. Zumba Gold is great for the body, mind and soul. Enjoy dancing while receiving a total – body workout.

2790 M 1/8-3/19 5-6 PM \$35/\$44/\$53
Exercise Room/Ford

Zumbaerobic

If you like music and dancing, come join the party. Get a taste for salsa, merengue and other Latin dances. Learn the moves as you go. Instruction will be provided. All levels of experience are welcome.

2791 Th 3/22 1:30-3 PM \$5/\$8/\$12
Carnation Room/Serrano-Gonzalez

Sports – Instructional

Table Tennis – Beginner

This class is for those with little or no experience who want to learn techniques, basic rules and scoring. Not only fun to play, the game helps increase dexterity, flexibility, coordination and reflexes.

2773 M 1/8-2/26 1-2 PM \$30/\$37/\$43
2774 M 3/5-4/9 1-2 PM \$30/\$37/\$43
Game Room

Table Tennis – Intermediate

This class is for those who have a basic knowledge of the rules and scoring and have experience playing. Not only is the game fun to play, it aids dexterity, flexibility and coordination.

3674 W 1/10-2/14 1-2 PM \$30/\$37/\$43
3675 W 2/21-3/28 1-2 PM \$30/\$37/\$43
Game Room

Table Tennis – Advanced

This class is for players who have advanced beyond the intermediate level of play. Participants must have strong knowledge of rules and scoring.

2771 F 1/12-2/16 1-2 PM \$30/\$37/\$43
2772 F 2/23-3/30 1-2 PM \$30/\$37/\$43
Game Room

Wii Bowling

Join this fun group of seniors and bowl indoors on Friday mornings at the Senior Center – all through the game system, Wii. A light-weight remote is the key to this fun interactive game. Participants must be current Senior Center members to participate.

2783 F 1/12-3/9 10 AM-12 PM Free
Azalea Room



Questions about your workout? Ask the trainer!

Call for a free 15-minute appointment or stop by the
Rockville Senior Center Fitness Room desk.

240-314-8813 (Fitness Center members only.)

Sports Leagues

Badminton

Learn to play or improve your game. Play is held at Twinbrook Community Recreation Center which has a wood floor court for badminton. Free to Senior Center members and Rockville residents.

2726 W & F 1/10-3/9 8:45-9:45 AM Free
Twinbrook CRC/Gymnasium

Newcomb Volleyball

Join us for a different kind of volleyball in which players toss and catch the ball instead of hitting it over the net. Beginners, as well as experienced players, are welcome. Free to Senior Center members and Rockville residents.

2753 W & F 1/10-3/9 10-11 AM Free
Twinbrook CRC/Gymnasium

ROGue Tennis

ROGue Tennis is played indoors with a foam ball on a smaller court, so play is easy and fun. Special tennis balls bounce lower and move slower through the air, making them easier to hit. This class is appropriate for beginners. All equipment is provided.

2762 M 1/22-3/19 3:30-4:45 PM \$15/\$18/\$22
Exercise Room

Ten Pin Rockin' Rollers

When was the last time someone cheered for you? Come out and bowl with us. New members welcome. A weekly \$9 fee is payable directly to Bowl America (Clopper Road, Gaithersburg) on day of play. Includes three games and shoe rental.

3686 Th 1/4-3/30 1-3 PM Free
Bowl America/Jaques



Senior Swim

60 Plus Swim

Need some exercise? This class is taught in the shallow end of the pool and is designed to emphasize stretching and toning. Workout while listening to popular oldies music. No need to swim or even get your hair wet! Some swim equipment used.

2898 Tu 1/9-4/17 2:05-2:50 PM \$31/\$40/\$40
2887 Th 1/11-4/19 2:05-2:50 PM \$31/\$40/\$40
RMSFC/South Pool

Senior Aquacize — Beginner

Seniors benefit from exercising in the water. Ease yourself into the water and get a gentle workout. Join others in this low-impact environment where the water provides gentle resistance to joints and muscles. Swimming skills not required.

2891 M 1/8-4/16 10:10-10:55 AM \$31/\$40/\$40
2896 W 1/10-4/18 10:10-10:55 AM \$31/\$40/\$40
2882 F 1/12-4/20 10:10-10:55 AM \$31/\$40/\$40
RMSFC/North Pool Section 3

Senior Aquacize — Advanced

This swim course is similar to 'Beginner Senior Aquacize,' only faster paced. (Meets outside during the summer session.)

2889 M 1/8-4/16 11:05-11:50 AM \$31/\$40/\$40
2900 W 1/10-4/18 11:05-11:50 AM \$31/\$40/\$40
2884 F 1/12-4/20 11:05-11:50 AM \$31/\$40/\$40
RMSFC/North Pool Section 3

Senior Exercise Swim

Stop those aches and pains. Enjoy a program designed to rejuvenate, recondition and strengthen tired, aching bodies. The natural resistance provided by the water is the ideal environment for a gentle, yet dynamic approach to a healthy body. Swimming skills not required.

2880 M 1/8-4/16 2:35-3:20 PM \$31/\$40/\$40
2893 W 1/10-4/18 2:35-3:20 PM \$31/\$40/\$40
RMSFC/North Pool Section 2



Questions All Patients Should Ask Their Pharmacist About Their Medications

Byron Ma, Pharm.D., MTM consultant, discusses medication safety for seniors and improving communication with the pharmacy to ensure a better health outcome. Ma's firm specializes in Medication Therapy management.

2800 Th 3/8 1-2 PM Free
Azalea

Senior Smile

Learn the importance of oral and dental hygiene and how it is good for the body! Dr. Namita Chaudhary offers personalized services and convenience to seniors for their dental needs. Join this discussion of dental care as our center looks forward to having Dr. Chaudhary come here to serve our members onsite.

2804 Th 1/4 1-2 PM Free
Azalea

Stress Reduction/Meditation

This class offers the tools to focus, relax and come to a more peaceful sense of being. There is time for both meditation and discussion. Betty Figlure has taught meditation, guided imagery and stress reduction classes for more than 30 years.

2793 M 1/8-3/26 1-2 PM \$30/\$35/\$40
Board Room/Figlure

Caring for Osteoarthritis and Knee Pain

This program focuses on the causes of osteoarthritis, long term consequences of living with arthritis pain and new advances in the treatment of osteoarthritis of the knees, shoulders and hips. Discussion will cover a new treatment called Viscosupplementation; the research behind this procedure, candidates for treatment and how other treatments compare. Presented by Dr. Weinberg, D.C. of Elite Health Care.

2794 Th 1/18 1-2 PM Free
Azalea Room

Chronic Pain Management: Then, Now and Into the Future

Chronic pain effects one out of five Americans. It can lead to disability, depression and other diseases. This talk gives a backdrop of the development of pain management as a specialty field in medicine, treatment methods and possible future directions for the care of chronic pain. Presented by Mehrdad Michael Massumi, MD, Physical Medicine and Rehabilitation (Physiatry) Massumi Associates, Rockville & Towson.

2798 Th 2/15 1-2 PM Free
Azalea Room

Diabetes Management

According to the American Diabetes Association, there are approximately 29 million people with diabetes and 86 million people with pre-diabetes in the U.S. Cynthia Tucker, Suburban Hospital Diabetes Educator, will discuss practical diabetes management skills and Educational resources available for those living with this chronic disease.

2792 Th 3/22 1-2 PM Free
Azalea Room



Healthy Skin and Skin Cancer Awareness

One in three Americans over the age of 65 will develop a form of skin cancer. This presentation covers what skin cancer is, its common forms, self-diagnosis tips, treatment options, who's at risk and how to protect your skin. Presented by OnSite Dermatology, the leading national provider of mobile dermatology care to seniors. Free goodie bags with skin care samples will be available for those attending. (Note: The Senior Center is planning an ongoing skin care clinic soon!)

2799 W 1/24 1-2 PM Free
Azalea Room

NEW! How to Stay Healthy, Happy and at Home

This presentation discusses the physiological effect and health impacts of chronic stress on our lives, making our homes safe as we age, and resources in the community that are available to avoid moving into a nursing home prematurely. This discussion will include techniques for mindful meditation, relaxation breathing, free memory evaluations and more. Presented by Mary O'Donoghue, Founder and Director, Barbara Rosen, MS, CHC, Senior Health Advisor/Care Manager and Jordana Goodstein, BSN, RN, Crisis Nurse/Care Manager, of Corewood Homecare.

2795 Tu 1/16 1-2:30 PM Free
Azalea Room

Keeping Your Eyes Healthy: How to Prevent & Reverse Eye Conditions

It's no secret that vision declines with age. Learn the essentials for eye health as well as prevention and treatment options for macular degeneration, diabetic retinopathy and other common eye conditions with ophthalmologist Dr. Neal Adams.

3705 Th 2/22 1-2 PM Free
Azalea Room

Living with Alzheimer's: For People with Alzheimer's

This is an interactive three-part program where you will have a chance to hear from others who have been where you are. What you need to know, what you need to plan and what you can do to navigate this chapter of your life will be discussed. This program covers information for people diagnosed with Alzheimer's or a related dementia. Some topics covered: understanding Alzheimer's disease and memory loss, partnering with your medical team, effective communication and telling others about the diagnosis, coping with changes and making decisions, daily strategies and safety issues. Presented by the Alzheimer's Association.

2796 Tu 2/6-2/20 1-2:30 PM Free
Azalea Room



Shingles: More Than a Rash

With about 1 million new cases of shingles developing each year, almost one out every three people will develop this condition in the United States. It's important to treat this in a timely manner as it can have serious long term consequences. Join Dr. Jana Lachtchinina as she discusses the causes, signs, symptoms, treatments and prevention of shingles.

2787 Th 1/25 1-2 PM Free
Azalea Room



What are villages?

Villages are grassroots, volunteer, neighbor-support networks created to help enrich the lives of residents of all ages. They are dynamic organizations and take many different forms. For example, some charge membership fees, some are all-volunteer operated and some are limited to social events. The possibilities are only limited by the collective imagination and needs of the members of those villages.

What do village networks do?

Members of villages offer services such as: transportation to medical appointments, light yardwork and home maintenance, tutoring, friendly visits, book clubs, potluck parties and other social outings. Almost all villages offer the opportunity for connectedness.

How do villages start?

Villages begin with conversations among neighbors. Outreach to others in the neighborhood helps form a core group who can identify the collective needs of the village. There are vast resources to help anyone interested in starting a village. The City of Rockville, as well as Montgomery County, has a dedicated facilitator to support communities throughout the development and launch of villages.

For more information:

Contact Trish Evans, village facilitator, City of Rockville 240-314-8807 or pevans@rockvillemd.gov.

www.rockvillemd.gov/rockvillages

www.montgomerycountymd.gov/HHS-Program/ADS/Villages/villageslist.html



Village Update

There is a lot of energy and excitement within Rockville's emerging villages!

Twinbrook, King Farm, East Rockville, FELD (West End) and New Mark Commons are in development. For more information, and to learn how to get a village discussion going in your neighborhood, contact Trish Evans, village facilitator, at 240-314-8807 or pevans@rockvillemd.gov.

Water Saving Toilets Available for Low-income Homeowners

The city's Fiscal Year 2018 budget includes funds for a water conservation program to replace inefficient toilets in the homes of city homeowners, based on financial need.

For more information and to apply contact the city's Community Services Division at 240-314-8310. Seniors (60 years of age or older) should call Senior Services at 240-314-8810.

Rockville Emergency Assistance Program (REAP)

For residents 60-plus, the emergency assistance is available for eligible City of Rockville seniors experiencing a financial crisis, such as eviction or utility shut-off, or who need prescription medication. Referrals for emergency food, clothing, financial counseling, housing assistance and foreclosure counseling are also provided.

Contact Martha McClelland at 240-314-8816, or Miriam Minera, 240-314-8817.

**Information and support for residents 60+
(and their families)
may be obtained by calling our outreach workers.**

Miriam Minera at 240-314-8817 or Martha McClelland at 240-314-8816.

Now Senior Support Services are extended beyond the Rockville Senior Center!
Meet with our outreach workers at:

Twinbrook Community Center
(240-314-8830) on Fridays
10:30 a.m.-12:30 p.m.

Support Resources



Financial Social Security

What is the future of Social Security is going to look like, when to apply for Social Security benefits, how to maximize benefits, and how seniors can coordinate benefits with their spouse. Note: this seminar will only benefit those who have not taken their social security benefits yet.

2853 Tu 2/27 10 AM-12 PM Free
Azalea Room

Holidays: Success or not? Happy or sad?

Have your holidays been fun, successful, rewarding, disappointing, sad, stressful? This workshop will address what is holiday stress and why it is. It will then focus on how you can affect holiday plans to make them more pleasant for you. This includes affecting change within you and around you.

2858 Th 2/22 10:30-12 PM Free
Azalea Room

Housing Ins and Outs

Understand the differences between Independent Living, Assisted Living, Memory Care, Respite Care, Nursing Home Care, Nursing and Rehab Services and Home Care Options. We will also briefly discuss the ways that these facilities are paid by health insurance, Medicare, Medicaid, grants and private pay or long term care insurance.

2850 Th 2/15 1-3 PM Free
Card Room

Library Learning

Learn how to use some of our many free on-line services. A variety of topics to be covered to help you navigate the library website and catalog, and use our resources to your best advantage.

2851 M 3/19 10 AM-12 PM Free
Computer Lab

Tip Offs to Rip Offs: Avoiding Fraud, Scams and I.D. Theft

Studies estimate that somewhere between 20 and 60 percent of adult Americans have reported being the victim or attempted victim of a fraud or scam. This presentation will review the most common email, cell phone, internet, Medicare, and phone scams targeting seniors and what you can do to prevent becoming a victim. The objective of this presentation is to increase awareness of common scams, learn how to prevent fraud whenever possible, and know where to report it should you become a victim. Presented by Amy Kass, master's degree in Human Resource Development and Training, with the division of Keeping Seniors Safe, Montgomery County Police Dept.

2797 Tu 2/27 1-2 PM Free
Azalea Room

Take a Tip, Get a Tip

Enjoy exchanging your personal tips on how to stay young and live well. Open to Center members twice a month. Just think, several tips a month! Day of Meeting TBD.

2852 1-2 PM Free

Alzheimer's and Related Dementia Care Partners Support Group

Come together in a safe, supportive environment. Gatherings begin with a support meeting divided between people with memory loss and their care partners. Pack a lunch. Meets first and third Monday of each month. Pre-registration is required, call Pamela at 240-499-9024.

3760 M 1/15-4/16 12-1 pm Free
Board Room

Positive Aging Project

Take this unique opportunity to meet with fellow seniors and chat about the day, current events or hobbies. Make new friends and learn something new.

Women Living Alone

How to Live Alone and Not Be Lonely: A long standing open enrollment support group at RSC in which members support each other through listening as well as through offering tips, suggestions and advice for a variety of issues. (1st and 3rd Thursdays)

2854 Th 1/4-3/15 1-2:30 PM Free
Health Room

Cancer Support Group

If you are suffering from cancer or you are impacted by a loved one's suffering from cancer, please join this psychoeducational support group. Topics to be presented and discussed include: coping with the diagnosis and treatment; interacting with the healthcare industry; supporting and being supported by loved ones, and sharing with and supporting one another in the group should you choose to do so. (2nd and 4th Tuesday)

2856 Tu 1/9-3/27 1-2:30 PM Free
Health Room

Mild Cognitive Impairment (MCI)

This psychoeducational therapy group will address what is MCI, why it is and how to cope with it. Is it a diagnosis? What are ways to address it? How to live with it? Tools for compensating for it, i.e. assistance for short term memory; modifications for when and where to drive. Join this group to learn more about MCI and to learn how best to cope with it. (2nd and 4th Thursday)

2857 Th 1/11-3/22 1-2:30 PM Free
Health Room

Winter Blues

Why do I feel blue when the time and the weather change in the fall and until the time and weather change again in the spring? Do I suffer from seasonal depression? Do I feel down due to something other than the season, such as the holidays, the reminder of something sad that happened in my life, or a chemical change in my brain? This psychoeducational therapy group will address what is seasonal depression, why it occurs, and what to do about it. What to do about it could include changing one's routine, adding activities to help combat the depression, and/or seeing a doctor about medication. (1st and 3rd Tuesdays)

2855 Tu 1/16-3/20 1-2:30 PM Free
Health Room

Senior Transportation

Are you 60-plus, live in the city limits of Rockville and need a ride to the center or to the grocery store?

Monday to Friday:

Pickup (for those who call in advance schedule: Approx. 9 a.m. and approx. 11 a.m.

Take home times: Noon • 1 p.m. • 2:30 p.m. • 3:30 p.m.

Bus is for City of Rockville residents aged 60 and older. Please see or call the transportation office for a reservation: 240-314-8810

Please call before 2 p.m. the day before and Friday for a Monday pickup

General Information

Registration Begins:

- Member registration begins Tuesday, Nov. 28.
- Nonmember Resident registration begins Thursday, Nov. 30.
- Nonresident/Nonmember registration begins Thursday, Nov. 30 for adults age 60 and older who live outside the Rockville city limits.

Registration Deadlines:

- The registration deadline for all activities is two weeks prior to the start of the class unless otherwise noted.
- Programs may be canceled if registration is insufficient. If a program is canceled, we will contact you. You may then select an alternate program, request a credit or a refund.
- Late registrations will be accepted if space is available.

Registration Form and Payment:

- Complete the registration form. You may combine recreation activity fees in one check, made payable to the City of Rockville. Note: \$35 returned check charge.
- Visa and MasterCard also are accepted for payment.

Credits and Refunds:

- If staff cancels a class, refunds will automatically be issued.
- Our programs require advanced planning and purchase of supplies to provide a quality experience, therefore requests for a refund or credit must be submitted in writing to the program supervisor at least seven days in advance of the start of the program. Less than seven days prior to the start of a program, requests for a refund or credit will be considered if accompanied by proper medical or other requested documentation. Proration and administrative fees apply.
- The following administrative fees are charged for issuing a refund or credit: Adults 60+ programs \$10; swim \$10.

Transfers:

- Requests are subject to availability. Requests must be in writing. Registrations cannot be transferred from one registrant to another due to wait lists.

Program Assistance Fund:

- Tax-deductible donations to this fund are accepted at the front desk of the senior center or through the check off box on the registration form.

Most convenient method. 7 days a week.

1. Online:

- www.rockvillemd.gov/recreation

2. Fax to:

- Rockville Senior Center – 240-314-8809

3. Mail to:

- Rockville Senior Center
1150 Carnation Drive 20850

4. Walk-In:

- The Senior Center walk-in hours are Monday-Friday 8:30 a.m.-5 p.m. Rockville City Hall and community centers accept walk in registrations. please call for operating hours to avoid unnecessary trips.

Program Assistance Fund

The program helps Rockville residents 60-plus needing assistance paying for membership, classes and trips. Please call 240-314-8810 for additional questions. Photo ID and/or verification document that you live in the city limits of Rockville and income documents are required.

If you would like to contribute, you may send a check, "add up" on your registration form or donate online at www.rockvillemd.gov/registration

Online Donation Course #s

\$10.00	#2239
\$25.00	#2240
\$50.00	#2241
\$75.00	#2242
\$100.00	#2243

Donations by check may be made out in any amount.

Mail to: Rockville Senior Center

1150 Carnation Dr. Rockville, MD 20850

Satisfaction Guarantee

The Department of Recreation and Parks is committed to providing quality programs and facilities. If you are unhappy with a program, we want to know! We will suggest another program, or if you prefer, we will give you a credit. That's our "Customer Satisfaction Guarantee" to you.

Registration Form

*Required Info | Info Requerida

Contact Information | Información del contacto

Last Name Apellido*	First Name Nombre*	Birthday Fecha de nacimiento (mm/dd/yy)*	Email*
Address Dirección*		City Ciudad*	State Estado* Zip Código postal*
Home Phone Teléfono de Casa*		Work Phone Teléfono de Trabajo	Cell Phone Celular

Emergency Contact | Contacto de Emergencia

Name Nombre*	Relationship Relación*	Phone Teléfono*
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Activity Name Nombre de la Actividad	Activity Number Número	Fees* Costo*

Contribution to Program Assistance Fund: \$10 _____ \$25 _____ \$50 _____ Other \$ _____

Processed by Check, Cash, Charge	Date Processed:	Total Paid: \$	Total Amount Due: Cantidad Total:
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Program Modifications: Participants with disabilities should contact our office prior to activity.

Payment | Pago

Name on Card Nombre en la tarjeta	Credit Card Number Número en la Tarjeta de Crédito	Security Code Código de Seguridad	Expiration Date Fecha de Expiración
Payer Address (If different than above) Dirección del Pagador (si es diferente que la de arriba)			
<input type="checkbox"/> Visa <input type="checkbox"/> Mastercard <input type="checkbox"/> Cash <input type="checkbox"/> Check # _____		City Ciudad	State Estado Zip Código Postal
Cardholder Signature Firma del Dueño de la Tarjeta			

Release, Waiver, Assumption of Risk and Consent | Descargo y exención de responsabilidad, asunción de riesgos y consentimiento

Participation in the program may be a hazardous activity. Participant should not participate in the program unless participant is in good physical shape and is medically able. Participant assumes all risks associated with participation in this program, including but not limited to, those generally associated with this type of program, the hazards of traveling on public roads, of accidents, of illness, and of the forces of nature. In consideration of the right to participate in the program and in further consideration of the arrangement made for the participant by the Mayor and Council of Rockville through its Department of Recreation and Parks for food, travel, and recreation, the participant, his or her heirs, and executors, agrees to release and indemnify the Mayor and Council of the City of Rockville and all of its agents, officers and employees, from any and all claims for injuries or loss of any person or property which may arise out of or result from participation in the program. The participant grants permission for a doctor or emergency medical technician to administer emergency treatment of the participant and consents to the City's use of photographs taken or videotapes made of the program that include the participant. Neither the instructor nor any of the staff are responsible for participants prior to or after the scheduled program. By providing your email address you are agreeing to sign up for the Rockville & Recreation and Parks mailing list to receive email updates about our programs. All information collected will be used in accordance with the City of Rockville privacy policy. You may withdraw your consent at any time.

Participación en el programa puede ser una actividad peligrosa. Participante no debe participar en el programa a menos que el participante está en buena forma física y es médicamente capaz. Participantes asume todos los riesgos asociados con la participación en este programa, incluyendo pero no limitado a, los generalmente asociados con este tipo de programa, los riesgos de viajar en las vías públicas, de accidentes, de enfermedad y de las fuerzas de la naturaleza. Teniendo en cuenta el derecho a participar en el programa y en consideración del acuerdo por el participante por el Alcalde y Consejo de Rockville a través de su Departamento de recreación y parques para comida, viajes y recreación, el participante, sus herederos y ejecutores, en nombre de un hijo menor de edad pudiera derivarse de o como resultado de la participación en el programa. El participante concede el permiso de un médico o un técnico médico de emergencia administrar tratamiento de urgencia de la participante y consiente al uso de la ciudad de fotografías o videos del programa que incluyen al participante. Ni el instructor ni ninguno de el personal es responsable de los participantes antes o después del programa.

* Signature of Participant/Guardian | Firma del participante/tutor _____

Main Line | Línea principal: 240-314-8800 • www.rockvillemd.gov/seniorcenter • Fax: 240-314-8809

Rockville Senior Center • 1150 Carnation Dr., Rockville, MD 20850

City of Rockville
111 Maryland Avenue
Rockville, Maryland 20850-2364

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Snow Removal

Want to help a fellow neighbor?

Many older adults are in need of assistance with snow removal.

If you can help this winter, or if you are a city resident, 60 and above in need of assistance please contact

Jerry Jones

240-314-8819

jjones@rockvillemd.gov

